

## FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

### The Censor.

The Washington Star relates that Mayor Baker of Cleveland, in defense of a political movement that had been attacked, said the other day:

"It's an honest movement and a straightforward movement, and they who attack it are as censorious as the Seabright old maid."

"A Seabright old maid was talking to a sunburned college boy on the beach. A pretty girl passed and the old maid said:

"There goes Minnie Summers. You took her to the hop last evening, didn't you?"

"Yes," said the college boy, and he added politely: "As I was taking leave of Miss Summers after the hop it dawned upon me—"

"It dawned!" said the old maid. "You kept her out till dawn! That's what these new dances lead up to!"

## IF HAIR IS TURNING GRAY, USE SAGE TEA

Don't Look Old! Try Grandmother's Recipe to Darken and Beautify Gray, Faded, Lifeless Hair.

Grandmother kept her hair beautifully darkened, glossy and abundant with a brew of Sage Tea and Sulphur. Whenever her hair fell out or took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of this old-time recipe, ready to use, for about 50 cents. This simple mixture can be depended upon to restore natural color and beauty to the hair and is splendid for dandruff, dry, itchy scalp and falling hair.

A well-known druggist says everybody uses Wyeth's Sage and Sulphur, because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a comb or soft brush and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and abundant. Adv.

### Irresponsible.

"No matter how hard misfortunes strike some men, they never lose their poise."

"I dare say that's true."

"I know a man whose favorite order used to be, 'Waiter, a bottle of wine.' Nowadays he puts on just as many airs when he says, 'Heinie, a bucket of suds.'"

## A WARNING TO MANY

Some Interesting Facts About Kidney Troubles.

Few people realize to what extent their health depends upon the condition of the kidneys.

The physician in nearly all cases of serious illness, makes a chemical analysis of the patient's urine. He knows that unless the kidneys are doing their work properly, the other organs cannot readily be brought back to health and strength.

When the kidneys are neglected or abused in any way, serious results are sure to follow. According to health statistics, Bright's disease, which is really an advanced form of kidney trouble, caused nearly ten thousand deaths in 1913 in the state of New York alone.

Therefore, it behooves us to pay more attention to the health of these most important organs.

An ideal herbal compound that has had remarkable success as a kidney remedy is Dr. Kilmer's Swamp-Root, the great Kidney, Liver and Bladder Remedy. The mild and healing influence of this preparation in most cases is soon realized, according to sworn statements and verified testimony of those who have used the remedy.

If you feel that your kidneys require attention, and wish a sample bottle, write to Dr. Kilmer & Co., Binghamton, N. Y. Mention this paper, enclose ten cents and they will gladly forward it to you by Parcel Post.

Swamp-Root is sold by every druggist in bottles of two sizes—50c and \$1.00. Adv.

### Its Nature.

"I've got work with a circus, tending to the animals."

"What a beastly job!"

## Cape of Satin for Dressy Wear



A LONG and ample cape of black satin, lined with satin in a contrasting color, and interlined for additional warmth, develops a new idea in treatment of the neck. Here a wide ruff, like the body of the cape, makes an attractive finish and a protection for the throat at the same time. The plaiting for the ruff is graduated in width, growing narrower from the sides toward the front. But it is sufficiently wide to enfold the back of the head, the ears and the throat when the cape is fastened in the front.

A long silk-covered cord extends about the base of the ruff, terminating in two cabochons (made of the cord), one at each side. Long ends terminating in heavy silk tassels fall from the center of each of these silk ornaments.

A narrow ruching made of satin like that in the lining outlines the hem on the inside of the cape all around. It is a dainty finish, handmade and elegant.

This is one of the longest of capes and one of the few intended solely for evening or other dressy wear.

The cape, which occupied the center of the stage as the newest and most chic of wraps at the beginning of the season, did not capture the popular fancy, but was admired by a select few.

There are many jeweled hair bands discriminating following among those

who follow radical new departures in fashions.

The cape has been featured in combinations with other wraps, where it is usually short and suggests the cape of the cavalier type. Its best and most attractive development as a garment for protection is portrayed in the picture given here, where it is shown as a rich and graceful evening wrap.

### Velvet Dresses With Tunics.

Although many dress skirts are in circular cut, this is rarely the case with velvet dresses, as the long tunic is especially good in velvet, says the Drygoods Economist. These long overskirts, as they may be called, require weight in the cloth to make them hang gracefully, and are, therefore, an attractive style for velvet. Circular skirts are very apt to hang unevenly in velvet, as the weight of the cloth drags down the skirt at the sides.

### New Silk for Winter.

For more dressy toilettes the new fabric known as satin-regence, a soft silk that seems to have an almost invisible stripe in it, and the graceful amalgamation of tulle and fur and velours will amply be exploited this winter. In the new claret or deep wine shade, satin-regence promises a flattering vogue.

## Fancy Combs and Hair Ornaments



All sorts of fancy shell combs, ornamental hairpins, hair bands and small barrettes, bespeak the return to favor of more elaborate styles in hair-dressing. The combs are shaped in so many different ways and made in so many different sizes that one concludes they are fashioned to be worn in any position on the head which suits the fancy.

A great variety in shell combs, pins and ornaments are set with rhinestones and sparkling colored stones. The combs and other ornaments are shown in tortoise colorings, amber, black, white, and gray. Besides white rhinestones there are settings in emerald, amethyst, garnet and topaz colors.

A popular comb, of which an example is shown in the picture, is made to wear when the hair is done in a French coil. It is long and the teeth are joined to a band which is sometimes narrower at one end than at the other, and sometimes pointed at the ends. This comb may be had with the teeth hinged on so that it can be adjusted to the head in different positions. A single row of stones, or a row extending all around the edge of the band, gives a pretty sparkle to this comb. Often the band is entirely encrusted with stones. This more than doubles the price of the comb without adding much to its attraction.

A very popular large shell pin is shown in the picture. One or two of these pins is thrust in the hair at the sides when it is coiled low. Or a pair is sometimes seen in a long French coil.

The large Farrar comb is worn in

several different positions on the head and is a showy and splendid affair of many jewels. The teeth support a fan-shaped or scroll top which afford much surface for rhinestones.

A small ornamental pin to thrust in the hair coiled high on the head is shown in the picture, which is something between a comb and a pin, taking the place of either. It is of tortoise shell set with rhinestones, and made of filigree silver, ribbon and tinsel braid. And outside of ornaments of shell or metal are others of millinery and ribbon flowers.

JULIA BOTTOMLEY.

### Rolled Pique Collars.

Rolled pique collars that are attached to vest fronts of the same can be added to any coat front, or will go with the one-piece dress that is always opened with a deep V at the neck. The pique in all these models is neither stiff nor limp; it has to be wired if it is to stand up about the neck. All the pique models are not plain; some of them are in very fancy weaves or have a little running spray of white mercerized embroidery along the edges.

Some pretty sets for dresses or coats are made of silk in gay bayadere stripes. The deep gauntlet cuffs are held together by cufflike buttons. The collars are of the same sailor shapes as the pique or the lawn.

### Spring Colors.

Among the colors for spring are putty, greenish tans and grays, old tapestry blues and dark shades generally.

# The KITCHEN CABINET

The blessings of her quiet life  
Fell on us like the dew.  
And good thoughts, where her foot-  
steps pressed  
Like fairy blossoms grew.

## WHAT SHALL WE FEED THE CHILDREN?

We must remember in feeding growing boys and girls that food serves a double office—besides building the waste tissue lost in work and play, it must help the bodies to grow. That is the reason that a boy from twelve to fifteen years of age needs as much and as hearty food as a full-grown man.

Milk, eggs and meat are the foods that build tissue; cereals, fats and sugars give energy. Fruits and vegetables supply the mineral salts and materials which make good blood and bones.

The first foods mentioned are the most important, most expensive and most often poorly used. They can sustain life longer than any of the others.

Dietitians differ as to the time of introducing meat into the child's diet, but the most natural way is to give the child his energy foods in milk and combinations of milk and eggs until he has a good set of teeth to masticate the heartier meat.

Eggs should be given in various forms at least once a day. Scrambled with cold cooked rice will be a method which will economize with eggs, yet make a most palatable and sustaining dish.

Soft cooked eggs should be the rule for children, or when cooked in various ways, be sure that they are not cooked tough and hard.

The best meats for children are chicken, beef, lamb and bacon once in a while. Children should never be given meat oftener than once a day and then in small portions.

Cereals are of such variety that one may have a different kind every day in the year, nearly. Oatmeal, the sensible food, if long and well-cooked, and served with thin cream or top milk and sugar, makes a most wholesome breakfast for any child. In all cooking of cereals for children or for anyone, in fact, the long cooking is an important point to emphasize.

## FRUITS FOR THE CHILD.

The importance of fruits and vegetables for children cannot be too well emphasized. Stewed fruit is safer for young children, but after reaching the age of seven, fresh fruit, if ripe and clean, is the greatest addition to the diet.

Orange juice may be given to a very young child provided it is not followed or preceded by milk. A teaspoonful of orange juice is one of the best tonics to give a baby. Stewed prunes are wholesome, as well as figs and dates in moderation for the school child. A child who is fed dried fruits will not crave sweets and cake which are unwholesome, especially between meals.

Bananas are such a good, cheap fruit that we should have them served oftener in various ways. They contain starch, and in consequence should be thoroughly ripe to be wholesome. They may be ripened at home, and when the skins are quite dark they are best to eat uncooked. One of the things about bananas which cause digestive troubles is the astringent substance next to the skin. Carefully scrape the banana after the skin is removed and the irritating principle will be removed.

Bananas sliced with sugar and cream make a most tasty dish for a child's lunch or supper. As a salad, with lemon juice and olive oil or sweet salad with oranges and pineapple they make a nourishing dessert.

Cooked bananas are especially nourishing. Baked with butter and a little lemon juice they are both palatable and nutritive. The cooking furthers the digestion of starch in the fruit and thus makes them more digestible.

Children's food should be, first of all, simple. Too many kinds of combinations are upsetting to the delicate stomach of a child. So in serving fruits see that they have variety, but not more than two kinds at one meal.

What is true of fruits is also true of vegetables. They should be fresh and in a good condition. All vegetables containing woody fiber should be well and thoroughly cooked.

### A Diplomat.

Briggs—Does your wife ever let you have your own way in anything?  
Griggs—Yes, but she doesn't know it. You see, whenever I want to do anything I pretend I want to do the exact opposite.

### Rebuking a Poet.

Poet—I wrote that poem to keep the wolf from the door.  
Editor—Well, if the wolf reads the poem you can bet that he'll keep away from the door. Good day.

### Sure Enough!

"Some people," remarked Morton Musingham, "look the same whether going to a funeral or a wedding."  
"Well," replied J. Fuller Gloom, who is cordially detested for his pessimism, "why shouldn't they?"—Puck.

### In These Piping Times.

Salesman—Perhaps this French doll will please the baby.  
Buyer—No, sir; I'm strictly neutral. Gimme a drum and a gun and a box of soldiers and a toy pistol.

## DISHES FOR THE FIRELESS COOK STOVE.

Brown in a frying pan in a small amount of fat a piece of mutton cut in serving-sized pieces, add a cupful of boiling water and a carrot with a few diced potatoes, season well, and when boiling hot set into the cooker for three hours. At the time of serving take from the cooker and reheat to serve.

**Hungarian Goulash.**—Cut a quarter of a pound of salt pork into dice and cook in a hot frying pan until crisp and brown. Cut two pounds of round steak into small pieces, roll in flour and brown slightly in the pork fat. Add two cupfuls of tomatoes, two minced onions, one bay leaf, three cloves, six peppercorns, and a half cupful of diced celery. Add seasonings and cook all together until boiling hot. Set in the cooker to cook for two or three hours. Serve with potatoes or potato pancakes.

**Fowl in Cooker.**—Dress and truss the fowl as for roasting. Place it in a large vessel of the cooker, add boiling water to cover, an onion stuck with three cloves, two tablespoonsful of rice, and a little coarsely chopped celery. Bring very slowly to the boiling point. Cook until boiling hot, place in the cooker and let stand two or three hours. Remove and reheat, sometimes all day to have a tender chicken.

**Corned Beef.**—Place the piece of meat in cold water to cover, bring to the boiling point, and if the water seems very salty discard it and add fresh boiling water. Put boiling hot into the cooker and let cook overnight. If one desires vegetables with the meat they may be added while reheating the meat, then cook for another three hours. If the cooker is opened during the cooking it must be brought to the boiling point again, as the steam escapes, losing much heat. Cabbage, turnips, carrots and all vegetables which are cooked with the meat should be boiling hot before being put into the cooker. It must be remembered that a much longer time is needed to cook all foods in the cooker.

## THE ROAD TO WEALTH.

Economy is said to be the good road to wealth, and one of the best possible ways of exercising that excellent quality is in saving food stuffs. Hardly one woman in a hundred would think it worth while to save the feet of two or three fowls. Yet there is a large quantity of gelatin in the feet and they add very materially to the stock pot. There should never be a bone, raw or cooked, thrown away until it has passed through the stock pot. The trimmings from meat and many vegetables are also an addition to the soup stock flavor. The tough end of steak, if cut in small bits and cooked with vegetables, will make a most tasty stew, or cooked with macaroni and gravy makes a most hearty supper dish for a chilly, cold night. A speaker prominent in household economics is quoted as saying "that no economical woman needs a garbage pail." The garbage pail is too often the little leak that sinks the great ship of household efficiency.

What would one say to the woman who removes the marrow from the bones of steaks and stews and puts it into the garbage? Yet this is a common occurrence in many homes. Bits of fat that are not liked when cooked or are left after serving may be rendered and clarified, then used for shortening. Fats from ducks, chickens and geese are by many considered much better than butter for fine cooking.

The small bit of fat which seemed too small to save might have been used to brown the vegetable for the stew or chowder. Egg shells are useful to settle coffee and clear soup. Wash eggs as they come from the market and the shells will then be ready to use. A half cupful of potato or cabbage may be used to flavor a cream soup.

If a cupful of cold rice is left, add it to two or three beaten eggs and have a good, hot supper dish. Cold eggs, either soft or hard cooked, may be used for garnishing. The soft eggs should be further cooked until hard. Chopped egg added to a white sauce and poured over toast will make the children a good supper dish.

Hellie Maxwell.

# A Real Foe To Health is a Weak Stomach

From this source arises such ills as Poor Appetite, Nausea, Heartburn, Indigestion, Dyspepsia, Bilioussness and Constipation. You can conquer and fortify the system against such foes by the timely use of

## HOSTETTER'S Stomach Bitters

Be Sure you get the Genuine.

## BLACK LEG

LOSSES SURELY PREVENTED by Cutter's Blacking Pills. Low priced, fresh, reliable; preferred by Western stockmen, because they protect where other vaccines fail. Write for booklet and testimonials. 10-dose pkg. Blacking Pills \$1.50. The six injector, but Cutter's best. The Cutter Laboratory, Berkeley, Cal., or Chicago, Ill.

## WHY NOT TRY POPHAM'S ASTHMA MEDICINE

Gives Prompt and Positive Relief in Every Case. Sold by Druggists. Price \$1.00. Trial Package by Mail 10c. WILLIAMS MFG. CO., Props., Cleveland, O.

## Born Diplomat.

"Harry, I am beginning to believe the baby looks like you."

"Are you, dear?"

"Yes, I notice it more and more every day. I'm so glad."

"Do you really want him to look like me?"

"Of course I do. I've been sorry ever since we had him christened that we didn't give him your name."

"Sweetheart, you don't know how happy you make me by saying that."

"And, Harry, dear—I found the loveliest hat today. I don't believe I ever saw anything that was so becoming to me. It's \$25. Do you think I ought to pay that much for a hat?"—Chicago Herald.

# ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time It!

"Really does" put bad stomachs in order—"really does" overcomes indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction. It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

The only way to get along with some people is carefully to conceal your opinion of them.

**For the kiddies**  
—a needed hot drink that is wholesome and not harmful—  
Van Houten's Rona Cocoa. Red can, half-pound—  
25c

## THROW YOUR VOICE!

Into the next room, down cellar or anywhere. Fool your friends, lots of fun. The Ventriloophone is a little instrument that fits in the mouth and cannot be seen. Boys and Girls can use it. Also complete instructions on use of Ventriloophone and Art of Ventriloquism. Price 10c. ALDEE CO., Box 82, Stamford, Conn.

## Useful Artificial Arms

Write for free catalog "B. 10." Carnes Artificial Limb Company 904 EAST 12th STREET, KANSAS CITY, MO.